

A TIP FROM A
**FORMER
SMOKER**

**HIV alone
didn't cause the
clogged artery
in my neck.
Smoking with
HIV did.**

Brian, age 45, California

Brian had his HIV under control with medication. But smoking with HIV caused him to have serious health problems, including a stroke, a blood clot in his lungs and surgery on an artery in his neck. Smoking makes living with HIV much worse. You can quit.

CALL 1-800-QUIT-NOW.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

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